Interval

Circuit

Station

Training

ICST

- **What is ICST?????**
- **How do I get started?**
- **Materials needed by instructor and students**
- **Optional equipment**

ICST

- **Use beginning, intermediate, and advance program formats when groups are mixed with both de-conditioned and fit members**

ICST

- Pre-physical activity questions
- Target Heart Rate training zones
- The Borg Scales
- Special populations

ICST

- Dynamic Warm-up
- Static Stretch

ICST

- Intensity is probably the most important variable for improving cardiovascular fitness.

ICST

- Overall fitness is the primary objective for the member.
- Intensity is an individual factor that depends on a person’s current fitness/activity levels.

ICST

- Progressively encourage members to raise the intensity level of their *“brisk walk, jog, or run”.*

ICST

Where can I do this ICST?

- **Football Field**
- **Track**
- **Gymnasium**
- **Pier-side**
- **Flight deck**
- **Submarine**
- **Pool-side**
- **Training Room**
- **Parade field**

ICST

- 20 stations
- Cool-Down
- Team Builders

Interval Circuit Station Training

Physical Readiness

“Fitness to go…my way underway”

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Mission Essential Branch

Physical Readiness Division

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